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Fig. 105. Men's Ladling Spoons.

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415 As a rule, to be sure, every man carries one or two of these useful utensils in his shoulder bag made of pineapple fibers (mfo̍k). /163/

Beverages and Indulgents

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484 The usual beverage of the Pangwe is water. He drinks it from little bowls, into which the water is poured from a clay water flask, or from calabashes (ndo̍k IV) which, in addition to the clay water flasks, are also used for fetching water. He also drinks water from special drinking calabashes cut in half through the middle (Mwele) or provided with a hole (Jaunde). On a journey, he uses one or

271 more leaves folded together in the form of a bag, like the leaf
445 spoon, or his right hand with which he scoops up the water and
484 throws it into his mouth with rapid swinging motions.

In dense forest where no stream is known to be nearby -- this,
271 to be sure, is a rare occurrence, for instance, when they have lost
137 the way or if suddenly somebody falls ill from thirst, or the like --
824 one can, at times, open a hidden source of water in the water liana Dichapetalum holosericeum Engl. (angūngūī-ndzīk III Ntum, ngūī-ndzīk III Fang). Unfortunately, however, this plant does not occur everywhere; it grows straight up from the ground to the highest tree tops and can attain the thickness of the upper thigh, but usually it measures only 40 centimeters in circumference. In order to get water, one only needs to cut off the liana as high as one can reach, something that can be done with one blow, and then cut off a piece from the lower half. This is held vertically so that the water cannot run out, and it is then gradually inclined over a drinking vessel, for instance, leaves folded together in the form of a bag. The water, which -- as the Negroes assert -- is supposed to be good for the stomach, now flows out of the stem in a strong stream, hissing all the while. It is quite astonishing what quantities of water the liana contains. A piece as long as one's arm suffices to quench the most violent thirst and, according to my estimates contains one and a half liters. If one needs more, he simply cuts off additional pieces, and since the water cannot flow out of the cut liana because of the air pressure, one always has enough, even for large caravans.

272 As regards indulgents, the Pangwe have sugarcane sap, banana
273 wine, palm wine, and tobacco. In their use of these they are, on the whole, quite moderate. In this respect, the importation of rum would certainly have created a change for the worse if in 1906 the prohibition against the sale of intoxicating liquors had not intervened.

1. Sugarcane sap.

272 The sap contained in sugarcane is extracted in the following manner. The bark of the sugarcane is splintered off with a knife, and its meat is sucked out, or one presses out the sap and then drinks it as "sugar wine (mayō[k] me nkō'k)." The latter method of